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**دكتور  
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أستاذ جراحة العظام والمفاصل  
إستشاري جراحات القدم والكاحل  
إصابات الملاعب وتغيير المفاصل

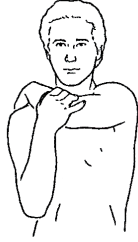
## Supraspinatus Tendinopathy - Shoulder Pain

### Exercises and stretches to start with :

#### SHOULDER JOINT POSTERIOR CAPSULE STRETCH

Gently pull elbow of involved shoulder over chest with opposite hand as shown until a stretch is felt in shoulder.

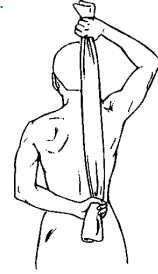
Hold for 15 seconds.  
Repeat 3 time.



#### TOWEL STRETCH FOR SHOULDER INTERNAL ROTATION

With involved arm on bottom, pull towel up with uninvolvement arm until a stretch is felt in shoulder.

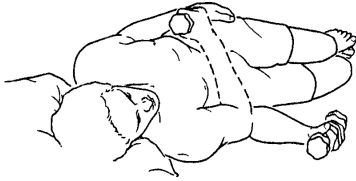
Hold for 15 seconds.  
Repeat 3 time.



#### RESISTED SHOULDER INTERNAL ROTATION (SIDELYING)

Keeping elbow bent and in at side, bring arm up and in toward body.

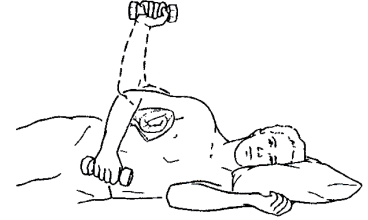
Use 0.5-1 Kgm  
Do 3 sets of 12.



#### RESISTED SHOULDER EXTERNAL ROTATION (SIDELYING)

Keeping elbow bent and in at side, raise arm up toward ceiling as shown.

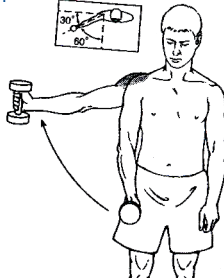
Use 0.5-1 Kgm  
Do 3 sets of 12.



#### SUPRASPINATUS STRENGTHENING EXERCISE

Keeping elbow straight and thumb pointing up, bring arm forward and up to just below shoulder level. Arm should not be out to side or out in front but in between making a "V".

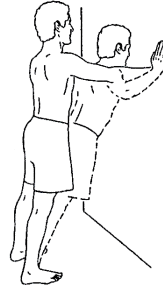
Use 0.5-1 Kgm  
Do 3 sets of 12.



#### WALL PUSH-UP

With arms slightly wider apart than shoulder width, and feet 12 inches from the wall, gently lean body toward wall.

Do 3 sets of 12.



ت: ٢٣٥٩٢٣١٧

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ت: ٢٣٦٨٢٠٦٦

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٢٩ شارع مصطفى كامل - ميدان المحطة - المعادي

عيادة ٢٠٨ - ميدكال بارك بريمير - القاهرة الجديدة

٢٨ ب شارع الكومي - ميدان السيدة زينب - وسط البلد

للحجز: ٠١٢١٢٢٨٣٣٨٣

الحضور للكشف والاستشارة بموعد مسبق